

***Sunnah* (Prophetic Practices) of the Ramadaan Fast**

1. Eating the Pre-Dawn Meal (*Sahoor*)

On the authority of Anas (Radiyahallaahu 'an-hu) that the Prophet (Sallallaahu Alaihi wa Sallam) said: 'Take the ***Sahoor*** (Pre-Dawn Meal) because there is **blissing** (*Barakah*) in it.' [al-Bukhaaree and Muslim]

On the authority of 'Amr ibn al-'Aas (Radiyahallaahu 'an-humaa) that the Messenger of Allah (Sallallaahu Alaihi wa Sallam) said: 'The *difference* between our fasting and that of the *People of the Book* is taking the meal of ***Sahoor*** (before dawn)." [Muslim]

2. Delaying the *Sahoor* Meal until just before the break of dawn (*Fajr*).

Zaid ibn Thaabit (Radiyahallaahu 'an-hu) said: 'We ate ***Sahoor*** with the Messenger of Allah (Sallallaahu Alaihi wa Sallam), **then** we got up to offer the *Salaah* (Fajr Prayer).' I asked, 'What was the time between the *Adhaan* and the *Sahoor*?' He said: '**(The time it would take) to recite fifty verses.**' [al-Bukhaaree and Muslim]

3. Hastening to break the fast when one is *sure* that the sun has *actually* set.

On the authority of Sahl (Radiyahallaahu 'an-hu) that the Messenger of Allah (Sallallaahu Alaihi wa Sallam) said: 'The people (i.e. fasting Muslims) will remain upon *Khair* (good) as long as they ***hasten*** to break the fast.' [Al-Bukhaaree and Muslim]

4. Breaking the fast with *fresh dates*, before performing the prayer.

On the authority of Anas (Radiyahallaahu 'an-hu) who said: 'The Prophet (Sallallaahu Alaihi wa Sallaam) used to break his fast with ***fresh dates*** (an odd number) *before* praying. If fresh dates were not available he would break his fast with ***dry dates***; and if dry dates were not available, then he would take a few sips of ***water***.' [Abu Daawood and Tirmidhee. See: *Saheeh al-Jaami'*, no. 1991, Shaykh al-Albaanee (Rahimahullaah)]

5. Supplicating at the time of breaking the fast.

On the authority of Ibn 'Umar (Radiyahallaahu 'an-humaa), who said: When the Prophet (Sallallaahu Alaihi wa Sallaam) used to break his fast he (Sallallaahu Alaihi wa Sallaam) would say: '*The thirst is gone, and the veins are moistened, and the reward is confirmed, if Allah wills.*' [Abu Daawood and ad-DarQutnee, who said: The chain of narrators is good (*hasan*). See: *Irwaa al-Ghaleel*, no. 920 by Shaykh al-Albaanee (Rahimahullaah)]

6. Feeding a fasting person.

On the authority of Zaid ibn Khaalid (Radiyahallaahu 'an-hu) that the Messenger of Allah (Sallallaahu alaihi wa Sallam) said: 'Whoever gives someone something to break the fast, he would have a reward similar (to the reward of the fasting person) and this would not reduce the reward of the fasting person in any way.' [Ahmad, At-Tirmidhee, Ibn Maajah & Ibn Hibbaan. See: *Saheeh al-Jaami'*, no. 6415, Shaykh al-Albaanee (Rahimahullaah)]

7. Being eager to perform *Salaatul-Qiyaam* (i.e. Late Night Prayers).

On the authority of Abu Hurairah (Radiyahallaahu 'an-hu) that the Messenger of Allah (Sallallaahu alaihi wa Sallam) said: 'Whoever stands (in the Late Night Prayers) in **Ramadan**, out of *emaan* (faith) and *ih-ti-saab* (expectation of Allah's reward), all his previous sins will be forgiven.' [al-Bukhaaree and Muslim]

8. Standing in *Salaatul-Qiyaam* with the Imaam until he completes the prayer.

On the authority of Abu Dharr (Radiyahallaahu 'an-hu) who said: The Messenger of Allaah (Sallallaahu Alaihi wa Sallam) said: 'Whoever prays *Qiyaam* – [i.e., *Taraaweeh* night prayers in Ramadaan] – with the Imam **until he finishes**, it will be recorded as if he spent the **whole night** in prayer.' [Classified as *Saheeh* by al-Albaanee in *Saheeh at-Tirmidhee*].

9. Increasing Ones *Good Deeds*, (e.g. *Sadaqah*, *Dhikr*, & especially Reading *Qur'aan*).

On the authority of Abu Hurairah (Radiyahallaahu 'an-hu) that the Prophet (Sallallaahu Alaihi wa Sallam) said, 'When the first night of the month of Ramadan comes...a caller calls out: ***O seeker of good, come forth; O seeker of evil, desist...***' [at-Tirmidhee, Ibn Maajah; and classified as *Hasan* by Shaykh al-Albaanee in *Saheeh al-Jaami'*, no. 759]

10. Restraining the Tongue from False Speech and its Actions.

On the authority of Abu Hurairah (Radiyahallaahu 'an-hu), that the Messenger of Allah (Sallallaahu Alaihi wa Sallam) said: 'Whoever does not give up **false speech** (lying, slander, etc.) and **acting** upon it (i.e. the actions based upon such speech), and **ignorant behaviour** - Allah has no need of him giving up his *food* and his *drink*.' [al-Bukhaaree]